

3-4-50: Chronic Disease Deaths in San Diego County—Central Region, 2000-2018



Figure 1: 3-4-50 Death Percentages

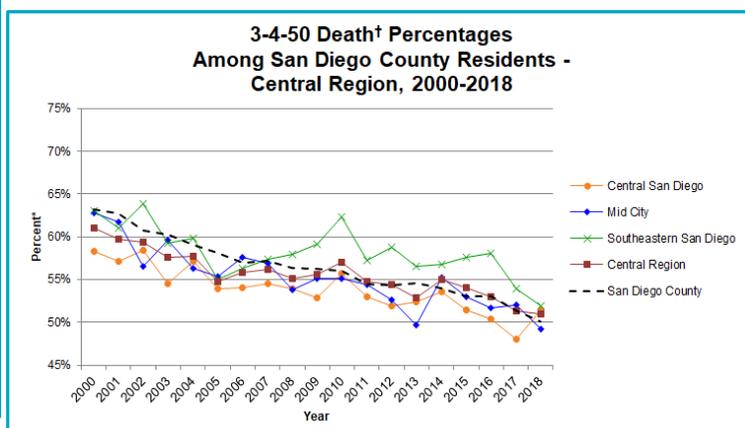
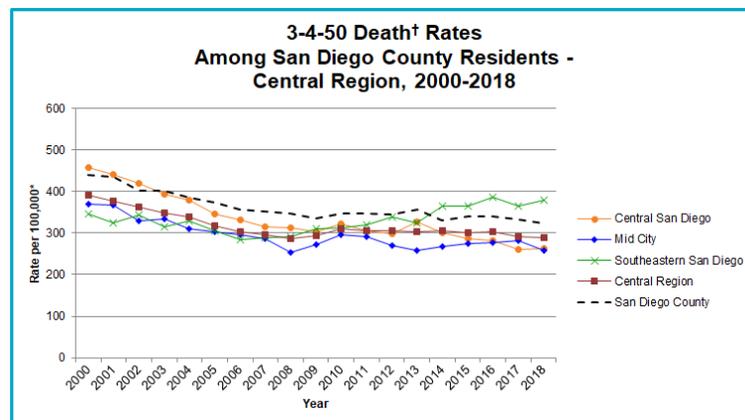


Figure 2: 3-4-50 Death Rates



What is 3-4-50?

Three-four-fifty refers to three behaviors that contribute to four chronic diseases and result in 50% or more deaths worldwide. These chronic diseases are potentially preventable through modifying diet, physical activity, and smoking behaviors. In San Diego County 50% of all deaths are due to these four chronic diseases.

3-4-50 in San Diego County—Central Region

- From 2000 to 2018, the overall percent of all deaths due to chronic disease decreased in the Central Region and its Subregional Areas (SRAs) as well as the number of all cause deaths (Figure 1).
- Overall, chronic disease death rates have decreased in the Central Region and its SRAs from 2000 to 2018 with the exception of the Southeastern San Diego SRA which increased by 9.3% (Figure 2).
- Among the Central Region SRAs, Southeastern San Diego had the highest percentage of deaths due to chronic disease in 2018.
- Among the Central Region SRAs, Southeastern San Diego had the highest chronic disease death rate in 2018.
- Despite a decrease, chronic diseases still account for 51% of all deaths in the Central Region.

†3-4-50 deaths include stroke, coronary heart disease (CHD), diabetes, COPD, asthma, and cancer.
 *3-4-50 deaths as a percentage of all cause deaths. Rates per 100,000 population.



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For more information and data, go to
www.SDHealthStatistics.com

What does 3-4-50 look like in Central Region?

**In Central Region,
3-4-50 is actually 3-4-51**

**In San Diego County,
3-4-50 is actually 3-4-50**

3 BEHAVIORS

TOBACCO USE*

- In 2018, nearly 1 out of every 8 Central Region adults were current smokers.

LACK OF PHYSICAL ACTIVITY*

- In 2018, 40.1% of Central Region children engaged in physical activity for at least 1 hour daily.

POOR NUTRITION~

- In 2018, 1 out of 4 Central Region residents had difficulty finding affordable fresh fruits/vegetables often in their neighborhood.

TOBACCO USE

- In 2018, 1 out of every 9 San Diego County adults were current smokers.

LACK OF PHYSICAL ACTIVITY

- In 2018, 37.2% of San Diego County children engaged in physical activity for at least 1 hour daily.

POOR NUTRITION~

- In 2018, 1 out of 5 San Diego County residents had difficulty finding affordable fresh fruits/vegetables often in their neighborhood.

4 CHRONIC DISEASES

CANCER

- In 2018, heart disease was the leading cause of death in Central Region.

HEART DISEASE & STROKE*

- In 2018, 5.1% of Central Region adults had ever been diagnosed with heart disease.

DIABETES

- In 2018, 1 out of 11 Central Region adults had ever been diagnosed with diabetes.

LUNG DISEASE*

- In 2018, 1 out of every 8 Central Region residents had ever been diagnosed with asthma.

CANCER

- In 2018, cancer was the leading cause of death in San Diego County.

HEART DISEASE & STROKE

- In 2018, 7.4% of San Diego County adults had ever been diagnosed with heart disease.

DIABETES

- In 2018, 1 out of 10 San Diego County adults had ever been diagnosed with diabetes.

LUNG DISEASE

- In 2018, 1 out of every 6 San Diego County residents had ever been diagnosed with asthma.

CAUSE OVER 50% OF DEATHS

In 2018, cancer, heart disease and stroke, diabetes, and lung disease caused 51% of all deaths in the Central Region.

In 2018, cancer, heart disease and stroke, diabetes, and lung disease caused 50% of all deaths in San Diego County.

*Indicates a statistically unstable estimate. Proceed with caution. Estimate is included for trending purposes.

~Includes "sometimes" and "never" able to find affordable fresh fruits and vegetables often in neighborhood.